

February 2012

THE FITNESS CENTER

Sports • Fitness • Wellness

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO 1	*****	STUDIO 1	*****	STUDIO 1	*****	STUDIO 1	*****
5:05 AM		LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYPUMP	LES MILLS BODYSTEP	LES MILLS BODYFLOW	
7:00 AM							LES MILLS BODYSTEP
8:00 AM							LES MILLS BODYPUMP
8:30 AM		Healthways Silver Sneakers Fitness Program	Healthways Silver Sneakers Fitness Program	Healthways Silver Sneakers Fitness Program	Healthways Silver Sneakers Fitness Program		
9:00 AM							ZUMBA
9:30 AM		LES MILLS BODYPUMP		LES MILLS BODYPUMP	ZUMBA	LES MILLS BODYPUMP	
10:45 AM					Healthways Silver Sneakers Fitness Program		
11:00 AM						Healthways Silver Sneakers Fitness Program	
4:00 PM	ZUMBA						
4:30 PM		LES MILLS BODYPUMP	Taekwondo* 4:15-5:15pm		Taekwondo* 4:15-5:15pm		
5:00 PM				LES MILLS BODYFLOW			
5:30 PM		LES MILLS BODYSTEP			LES MILLS BODYPUMP	Taekwondo* 5:30-6:30pm	
6:00 PM			LES MILLS BODYPUMP	LES MILLS BODYSTEP			
6:35 PM		ZUMBA			ZUMBA		
7:05 PM			ZUMBA				
STUDIO 2	*****	STUDIO 2	*****	STUDIO 2	*****	STUDIO 2	*****
5:05 AM			LES MILLS BODYSTEP	IRX		LES MILLS CXWORX	
7:30 AM							IRX
9:30 AM		ZUMBA GOLD	LES MILLS BODYFLOW				
10:00 AM						ZUMBA GOLD	
3:00 PM	*See back for 3PM Sunday schedule!						
4:15 PM						Taekwondo*	
4:45 PM				ZUMBA GOLD			
5:00 PM		LES MILLS CXWORX			Turbo Tonic		
5:30 PM		LES MILLS BODYFLOW	ZUMBA GOLD				
6:00 PM				Weight Watchers	LES MILLS CXWORX		
6:30 PM		IRX	Turbo Tonic				

Getting to Know Your Classes



BODYPUMP™ is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!



BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.



BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.



"You'll kick, punch, and groove the calories away in this action-packed, super fun, super safe and effective cardiovascular workout. Turbo Kick's easy-to-follow moves combine group exercise with martial arts."



If you're looking for a fun and stimulating way to get in shape... Taekwondo is the answer! In a structured setting, you can improve your coordination, flexibility and balance as well as work on strength training and self discipline. For ages 5 through adult, Taekwondo is fantastic for the entire family. *Cost is \$33 + tax per month for Fitness Center Members.*



A class designed for older adults. "Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support."



TRX Suspension Training uses your own body weight and gravity to build strength, balance, coordination, flexibility, core and joint stability. TRX classes welcome all fitness levels, with multiple options from beginner to advanced for each exercise. By using your own body weight and gravity you are able to adjust to your own personal fitness level just by moving closer or further away from the anchoring point.



Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.



Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.



CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. This 30 minute class will help you run faster ... play harder ... stand stronger!

CLUB HOURS

Monday-Thursday 5:00AM - 9:30PM

Friday 5:00AM - 7:00PM

Saturday 6:00AM - 6:00PM

Sunday 6:00AM - 6:00PM

CHILDCARE HOURS

Monday-Thursday 9:00AM - 12:00PM

4:30PM - 7:30PM

Friday 9:00AM - 12:00PM

***NO FRIDAY PM CHILDCARE**

***NO SATURDAY CHILDCARE**

*Free Childcare for Members of the Fitness Center!

***4pm Zumba Class in Studio 1 every Sunday!**

Sunday, February 5th 3PM Class:

TRX (Studio 2)

Sunday, February 12th 3PM Class:

Turbo Kick (Studio 2)

Sunday, February 19th 3PM Class:

Body Flow (Studio 1)

Sunday, February 26th 3PM Class:

CX Worx (Studio 1)